school Work My Life Right Now: Worksheet Name: Date: **Instructions: Write down your current strengths** and challenges in each life area. School/Work: Registration/Class schedule: Major? Academic skills - Reading, writing, and math skills: Learning style: Study habits, note taking, organization: Test taking: Computer skills: Research/library skills: Grades/GPA: Daily Living Communication with professors: Connection with student services: Other (School): Punctuality: Work speed: Teamwork: Attention to detail: Accept feedback: Work schedule: Other (Work): **Daily Living** Living arrangements: Roommate(s): Food (shopping, preparation, eating): Housekeeping: Restful environment? Wake up in time? Clothing/laundry: Community/Recreation Finances/Money Management: Transportation: Parking: Other: Community/Recreation: Community engagement/service: Advocate for others? Other (Community): Hobbies: Social activities: Campus activities: Athletic activities:

Unwind time: Other (Recreation):

